



## Small Group Practices

Practices will be held within the guidelines set forth by the CDS, Local and State Officials. We will notify parents as we move into larger practice phases.

## Intervals Between Practices

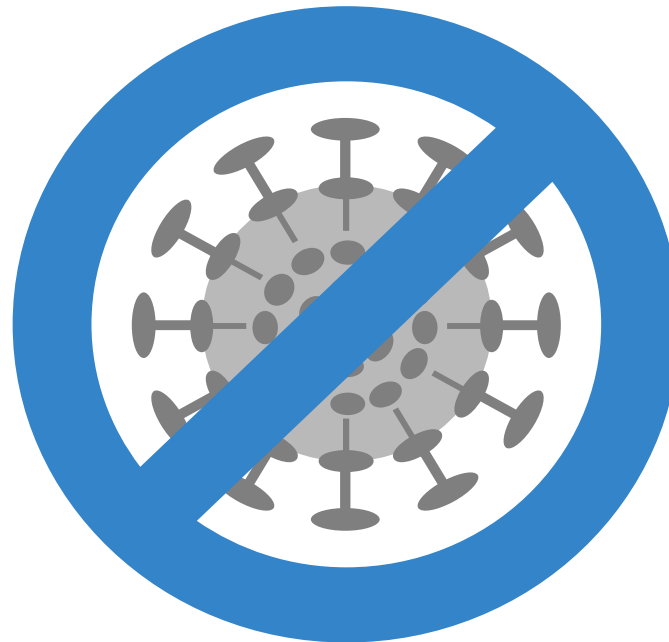
Practice will have a minimum of 10 minutes intervals between back to back practices. This will allow the coaching staff time to clean hard touch surfaces and ensure no lingering of swimmers.

## Use of Odd/Even Lanes

Groups will be ran with Odd Lanes starting from one end and Even Lanes starting from opposite end of the pool. Swimmers will maintain 6 feet distancing.

## Face Covering for Staff

Groups will be ran with Odd Lanes starting from one end and Even Lanes starting from opposite end of the pool.



## Set Practice Days for Staff and Groups

Coaches and Groups will be assigned Practice Days to limit potential cross exposure.

## Social Distancing while on the Pool Deck

Swimmers and Coaches will maintain 6 Feet distancing while on the pool deck.

## Online Sign Ups for Classes

Swimmers must sign up for a specified practice time. No Drop Ins will be allowed. Swimmers must complete wellness check prior to practice.

## Swimmer Wellness Check

Online and/or unperson wellness checks required each practice day.